



May 5, 2016

## Being Charlie



I was invited by Kathleen Piché to a screening of a new film written by Nick Reiner, son of Rob Reiner, who directed this bittersweet and ironic journey of a young man who battles both his inner and outer demons in the guise of polysubstance abuse. The film is a dramatization of Nick Reiner's own battles with addiction. From the very opening scene, we know this is going to be a pretty bumpy ride.

He AWOL's from rehab and begins to not only discover himself, but grow up a little in the process. Now you can analyze and theorize about why he started using, and when and within the pressures of being the son of an aspiring politician, but those reasons pale in the background compared to the behaviors and the consequences that Charlie, played beautifully by Nick Robinson, experiences.

*Being Charlie* is about family and the underlying need for love and acceptance. It is also about what you really need to stop using. It isn't about how many times you go into rehab, it's about the time that you decide you have had enough, lost too much and are tired of feeling sick and tired about things in your life that you can't change. It really is about finding that courage within yourself to face each day in sobriety and to take responsibility for your choices. It is about developing a commitment to yourself as a worthy person. There is a lovely scene where the metaphor of cleaning up your own mess really comes into being for Charlie.

I enjoyed how well the film captured how fast and how low anyone can fall on the rock at the bottom. In real life, Rob and Nick Reiner went through the rehab and relapse cycle numerous times. But it is usually when your image of yourself is completely shattered and ego surrenders, that change and recovery can begin. *Being Charlie* shows just how complicated relationships can be especially between father and son. Even loving parents who think they are doing the right thing can miss some important clues from their loved ones.



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In the end, it is overcoming our fears and soberly facing who we truly are that leads to living authentically and freely. The film was introduced by Dr. Drew Pinsky who was on hand as some very special awards were given before the film began.

These honors were bestowed on two of our Profiles of Hope participants, Michelle Enfield and Suzanne Whang. Apl.de.Ap of the Black Eyed Peas was also recognized but was unable to attend. Each of these profiles truly depicts each aspect of hope, wellness and recovery.

If you have not seen these profiles, I highly recommend them. They will fill you heart with pride that we work for a department that has the courage to show how important it is to be accepting, encouraging and understanding of the people we serve.

I give Being Charlie 4 golden tickets.

I give another 5 to our award winning Profiles of Hope, Wellness and Recovery.

